



IRENE NEWS

12 December 2022

No 48 – 2022



EDITORIAL

This will be the last Irene News of 2022. The last official time trials will be held on Tuesday. The next official time trials will take place on 10 January when everything will be back to normal. Please take note that the office will be closed from 14 December until 3 January. Info about the January social will be in the first newsletter on 9 January.

The management team want to make use of this opportunity to wish all our members a fantastic festive season. May you enjoy peace and happiness on Christmas day that will last a lifetime. If you are fortunate to go away, please drive carefully and come back safely.

REGISTRATIONS 2023

The 2023 registrations started with a bang on 1 December! If this trend continues we can look forward to a big membership next year. Be part of an exciting year and register now at: <https://forms.gle/DEWgNBMfyjw6a4ZJ8>

AGN licences are optional.

Licence Fee R200 (AGN Cost Price)

Junior licence R100

Plus:

Full Membership R450

Additional Family Members R350

Pensioners (65+) R300

Juniors R200

Members who worked at our races: R100 discount per race

Club T-shirts will be available at R50 each for the first 400 members. Thereafter R100 each.

ONS TUIS OLD AGE HOME CHARITY PROJECT

A big thank you to each and everyone who contributed towards this project and to Johan and Blanche van Vuuren for initiating it and managing it. A total of R18000 was raised. Christmas presents will be given to 80 lonely elderly people.

A collection of various grocery items including snacks, toiletries, and household products. The items are arranged on a dark surface. Visible items include: two bags of Cheas Naks (Cheese Flavoured Milk Puffed Gums), a bag of Milka Good Morning Apple & Vanilla Breakfast Biscuits, a bag of Oreo Original Milk's Favourite Cookie, a bag of Wantaat Milk Flavoured Gums, a box of Aquafresh all-in-one protection toothpaste (fresh & minty), a box of 5star chocolate, a box of Lux Soft Careers soap, a box of Lipice Sweet Mint lip balm, a box of Mitchum Women's deodorant, a box of Hug in a Mug instant noodle soup, a box of Nestle Milo, a box of Rhodes 100% Fruit Juice Blend (Mango), a box of Rhodes 100% Fruit Juice Blend (Berry Burst), a box of ActiveGo Breakfast Energy Drink, a box of Revlon Flex gentle mild care shampoo, a box of Aquafresh Family toothbrush, a box of ef-active antibacterial wipes, and a box of Wantaat Milk Flavoured Gums. There are also some loose items like a small packet of Picket 1 and a small packet of Wantaat Milk Flavoured Gums.

Thank you to all who attended the lights run on Thursday. The weather was perfect and the evening was a huge success and well attended. Thank you also to all of you for your contributions towards the SPCA.



QUESTIONNAIRE






You still have the opportunity to complete the questionnaire as requested. It will only take a few moments of your time.

We need your input to make the club an even bigger success.

Please answer these few questions.

<https://forms.gle/5PeuKrpDc98qAJqd6>

DECEMBER TRAINING PROGRAMME

Irene December Training Runs						
SUN	MON	TUES	WED	THURS	FRI	SAT
		Time Trail Tuesday @ 17:15		1 Midstream Training Run @ 5:15 am - Midstream M&B	2	3 Irene Year End Xmas Function 
4 Christmas Charity Run / Walk (5km & 10km) @ 6am - Irene Link 	5	6 Midstream Training Run @ 5:15 am - Midstream M&B & Time Trail Tuesday and Social @ 17:15	7	8 Midstream Training Run @ 5:15 am - Midstream M&B & Irene Xmas Lights Run/Walk & Picnic @ 18:00 	9	10
11 Irene Sunday Social @ 6am (Venue TBC)	12	13 Midstream Training Run @ 5:15 am - Midstream M&B & Time Trail Tuesday @ 17:15	14	15 Midstream Training Run @ 5:15 am - Midstream M&B	16 Irene Holiday Run @ 6 am (Venue TBC)	17
18 Irene Sunday Social @ 6am (Venue TBC)	19	20 Midstream Training Run @ 5:30 am - Midstream M&B	21	22 Midstream Training Run @ 5:30 am - Midstream M&B	23	24 Midstream Christmas Park Run (20 km @ 6:30 & 5km @ 8) 
25 	26	27 Midstream Training Run @ 5:30 am - Midstream M&B	28	29 Midstream Training Run @ 5:30 am - Midstream M&B	30	31 Midstream New Years Park Run (20 km @ 6:30 & 5km @ 8)

Time to get those running shoes on and get ready for the holidays, these are the details of the planned runs / walks for the 1st few weeks in December. Additional runs may be added, and some venues are still to be confirmed. Updates will be published in the newsletter and on the respective groups! Everyone is welcome, so please come and join us



COACH'S CORNER

3 x 12min Threshold run

Threshold intervals are a great way to boost your speed and endurance

20min easy warm up

3 x 12min Threshold run

With 3min easy recovery in between

15min easy cooldown run

Total 1h20



TRAINING TIPS FOR ALL (Keith Reynolds)

Starting up or starting over

That time of the year is almost upon us again. The time of new year's resolutions (those promises we make at the start of the year that keep coming around).

Many people resolve to start running or walking to improve fitness, lead a healthier lifestyle or for whatever other reason. The fact is that they want to start but may not get very far into the year as they have no guidance to work from. Most reading this will already have some running experience but may have a family member that wants to start.

Most important is to remember when helping somebody starting out for the first time is what it was like when you or the person giving the advice went through when they started out.

Very often people have had a long break from running and are now decide it is time to get going. Problem here is that many want to pick up from where they left off and could become despondent or end up injured because they cannot do what they used to do previously.

Let's look first at the person setting out for the first time.

At the start you will want to get your body used to exercise and as keen as you may be, you need to follow a structured buildup.

Basic guidelines to starting out include:

1. Establish a base

- **Keep a record** of the time spent, distance covered (if you have a method of measuring e.g. Strava on your phone) and **most important, how you felt** at the end of each session. Do not over-commit. Plan to only exercise **every other day** in the beginning so that your body can rest between sessions that it is not used to.
- Do not underestimate the impact of the exercise, even though it may seem very little in the beginning. Start out with **a realistic time allocated to the session**. Depending on factors such as age, current health, other activities you may have been doing etc. Start with a short time commitment. It can be as little as 15 minutes of easy walking on the first day but not exceeding 30 minutes.

The initial session can be done by setting out for half the time at an easy walk with a bit of effort (not race-walking or power walking). Once you reach half your planned time, turn back and head home. At this stage the distance covered is not something to consider. The phase is simply getting your body used to an exercise routine.

At this stage you do not know what distance you will be able to cover so **do not over-commit** by aiming at covering a set distance instead of focusing on time.

To keep it interesting (not a must), you can change your route so that you do not have to repeat the same section each day. This will also help you resist the temptation to try go faster or further the next time you go out as you won't be "aiming" at any target, other than the half- way time at which you will head back to the starting point.

- **Do not try to cover more distance** in the second half of the allocated time. This may happen naturally as your muscles will warm up and loosen up a bit as you progress. If you see you get back "early", then consider turning 30 seconds later in your next session.
- **Keep to the routine** for the first two weeks. Whatever time you chose to start with on the first day should remain constant as you have no idea how you will feel after training for subsequent days. No need to change anything at this stage just simply get going and if you

feel you can do more, just be patient, that phase will follow on and it is only two weeks initially.

2. Build from the established base

- From the first two weeks you will have some idea of how you feel and how your body reacted to the initial sessions. Based on how you felt, you can make decisions on how to progress. Either add more time (5 minutes) or increase effort by attempting to walk slightly faster or introduce runs into your chosen time.
- When **introducing runs**, start out with a 5-minute walk to get a bit of a warmup going. Your body takes around 15 minutes to get warmed up so do not assume you are “ready” for greatness at this stage. Introduce the runs gently. On the first day try complete 1-minute easy running (jogging) and then walk for 2 minutes. Repeat the run/walk combination and allow the final 5 minutes for cool down. Remember to turn at half of the time. **Do not try to “sprint”** – the run must be at a very easy pace at this stage. If you cannot get to 1 minute of running, use the time you achieved as your base running goal for the rest of the session, but only as a guide. If you feel you need to walk, then walk but try run again after 2 minutes of walking. If you could not run for a minute, then run slower than your initial attempt.
- If you are focused on **walking only** then increase the effort slightly. Do not try emulating a race-walker’s speed. Nothing wrong with looking at techniques of race-walking but keep in mind you are still in early stages of development. If you have a Heart Rate Monitor, look at increasing the effort by 5 beats per minute. Without a monitor, ensure you can still hold a conversation if with others (note out of breath) or sing something (softly is ok) as a test to see that you are not working too hard. Remember to start at your initial pace for 5 minutes and allow 5 minutes at easy pace to cool down at the end of the session.
- In the subsequent sessions over the next month (4 weeks), keep to the same planned time for the session. The distance will typically increase as you get used to the routine but is still not a goal to achieve as it will just come naturally. After the initial 5 minutes, add up to 30 seconds to your run time (e.g. 1 min 30 sec) when you feel it is manageable. Increase until you are able to complete 5 minutes continuous run at a time.
- Once you can run 5 minutes, then change your routine to start running at the beginning. Follow with a 2-minute walk and then another 5-minute run. Repeat till the end of the initially chosen time.
- Once you can complete a **full 15 minutes without stopping** you can move on to the next phase.
- Nothing wrong with **spending more time in this phase** until you can complete a 15-minute run before moving on.

3. Gradually increase distance

- Once you can run or comfortably walk briskly for the time you initially set out for yourself, then you can start thinking about going further.
- There is a basic guide to follow when increasing distance or effort. **Do not increase by more than 10% per week.** This applies to effort or distance, not in the same week.

- Considering **adding an extra day** to the weekly routine once the alternate day pattern is manageable. Once the additional day becomes comfortable, add another (at least 2 weeks at each level). Do a maximum of 6 days but do not do the same distance every day. Mix it up a bit with “shorter” times on the alternate days.
- Ensure you have **at least 1 rest day per week**.
- Many people want to jump ahead into longer distances at this stage. I believe it does not help to enter a 5km event, such as a park run if you are not able to complete a single kilometer without stopping.

If you aim to participate in a park run, ensure you first have a good base to work from and preferably get close to a 5km run before officially entering an event. Nothing wrong with aiming at a distance but to make sure you do not get injured by overreaching too soon, rather ensure you can manage the distance before committing to it.

If you really want to get out on the park runs or fun runs when your family go to a race, keep to the same principles as in the initial phase. Run what you know you can complete (15 mins etc.), talk a short walk and continue a walk/run routine until you finish.

The biggest challenge at this stage (entering events) is the feeling of intimidation when you line up between all the “athletes”. Key is to note that you are not there to race against them. You are simply there for yourself and what you can achieve. **The first goal** will be to complete the event comfortably. Do not try keep up with anybody. Do not worry about how others around you are performing. Keep to what you have learned up to this point and use that as your personal base going forward.

Most important is to start slowly and allow yourself some time to get warmed up. Much later in the program you could even do a warmup before the event.

- The primary aim of any run/walk is to improve health. That means you **should not be racing or putting yourself under any pressure at this stage** – you are there to have an enjoyable experience (fun). Going easy in your first outing means you do not have to work that much harder if you want to improve in the next event.
- If you want to improve speed, do it gradually. **1 second improvement over a park run is still a best time**. If you try chase time you may find that you start pushing yourself too hard too soon and end up on the sidelines injured or performing poorly on the day due to pushing early on without a warmup or simple fatigue from “running ahead of yourself”. Many people make the mistake of looking at their current time and setting goals minutes ahead of where they current are then going out to take off the minutes. **Aim for the seconds**, the minutes will take care of themselves.

4. Beyond the Fun Run/Park Run

- You may be tempted out of your own or by well meaning “friends” to take on longer distances. Most important here is that you must know **you are ready** for it and not fall to peer pressure (difficult). Before venturing on a longer distance, ensure you are comfortable with your current ability. No point in heading out on a 10km if you must stop for walks every kilometer during a park run. That would be an indication that you are not yet ready for more. First master the level you are at before moving on to “greater things”. You do not want to pick up early injuries because your body has not yet gotten used to the exercise routine. Patience is key.
- Continue increasing your overall distance in line with the 10% weekly rule until you can do at least 80% of the target distance comfortably (e.g. an 8km club Time Trial) before

taking on a new distance at an event.

Starting over.

So, you have had a break for some time. You know how to run; you have run whatever distances before and can't wait to get back out there and join in the fun.

Welcome back but let's look at the correct approach to returning.

1. Re-building a base

- The first factor is that you must consider that you have had a break. Unfortunately, your brain can be engaged to **pick up exactly what it knows** about the speed you used to run at, but your body is not in the same condition it was at the last point of reference.
- Keep a record of your time, distance and how you feel after each session. This will help you understand your journey and, if you do look for further coaching, provide the coach with realistic information on which to base any program you may choose to undertake.
- You will need to **think like a beginner**. Consider even taking on the approach outlined above for the people starting out for the first time.
- **Do not be in a hurry** to get back to the levels you used to be at. It took you a long time to get to where you are, so it is not going to take just a few sessions to return to form.
- The key factors to consider at this point will be **how long you have been inactive**. The longer you have been off or inactive, the more cautious you will need to be at the start. Building distance will also need to take the same factor into consideration.
- As a start, head out for a time of a **maximum of 30 minutes** (not distance based) and see how your body reacts. Do not try any pace at this stage and even consider starting out with a walk for the first session. The purpose is to see how you manage the planned session.
- **Do not try to keep to the old routine** with all the elements of hills, speed, long runs, etc. Focus on establishing a base over the first few months before bringing specific "improvement" sessions into your routine (assuming you did these before).
- Use the first 2 weeks to establish where you currently are. Do not be disappointed if you are way off from where you were. Trust the process and remember you are here to get back to running/walking, not necessarily to achieve PBs etc.

2. Getting back to where you were

- Based on the initial few weeks you should have a realistic idea of where you currently are physically. Plan the way forward based on the base you have established.
- Consider only working out every other day. Add 1 day to the weekly routine but not more frequently than a 2-week cycle.
- Ensure you maintain at least one rest day per week.

- Apply the rule of not increasing by more than **10 % per week in distance or effort** until you get back to the level you used to be at or what you are comfortable with in terms of your goals.
- Once you have been training for 3 months, start looking at **bringing in a routine** to your program that includes elements you have previously done such as Time Trials, speed sessions and hill routines. If you have not done these before, you can consider starting to introduce them at this stage (in line with your goals).
- If you are attempting to return to the level you previously achieved (or better), then **stay patient through the process**. Many athletes push themselves beyond their current physical capabilities and end up injured as a result. Rather take the extra time than take the risks that could lead to a set-back.

Maintaining a logbook

Before we entered the age of being able to upload our run/walk information automatically to an application some people used to maintain a written logbook of their runs.

Very few people take the time to add comments to their runs and simply let the data collect for occasional reference such as distance covered over the month or year to date.

What is often missed is the comments of how you felt on the session. Where you could not do a session due to illness or injury or any other session is not captured.

If you are starting out as a new runner/walker the log will enable you to track your performance but is also a great thing to have when you look back in the future and compare where you are now to where you were at the start.

This information can be invaluable when you are analysing performance, want to repeat a specific routine in preparation of an event, etc. It is also very useful if you approach a coach to assist you in planning towards a goal.

Many generic programs are available on the internet, and most will give you a result. The problem often comes in choosing which one to follow. Using the information you have gathered will help you identify a program close to what you are comfortable with.

When setting out on a journey towards a goal, it is important to know where you are starting from. If you are looking for a specific distance or event, you will want a plan that will enable you to achieve your target. While many people do not think it necessary to keep track of how they performed against a plan, it can provide great insight into how to prepare (or not) for the next event.

The logbook is an invaluable tool for a coach as they do not always get face-to-face time with all their athletes. The comments and feedback provided in the logbook give the coach an indication of how you handled each session or what the effect of that session on your training is on subsequent sessions and can adjust the plan accordingly.

ACHIEVEMENTS

Marie van Dyk 1st GGM lady – 10 km – Mandela Remembrance run/walk

Congratulations!

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the holiday period:

Lucille	Pretorius	13 Dec
Yasim	Ramjan	13 Dec
Karin	Sack	15 Dec
Ernest	Kenoshi	15 Dec
Maryke	Gradwell	16 Dec
Rosemary	Brink	16 Dec
Brett	Muir	18 Dec
Job	Tait	19 Dec
Ansie	Breytenbach	19 Dec
Johan	Snyman	23 Dec
Dirk	Cloete	24 Dec
Henk	Basson	26 Dec
Lullu	Krugel	28 Dec
Philip	Koornhof	29 Dec
Louis	Visser	31 Dec
Daleen	Labuschagne	31 Dec
John	Ellmore	02 Jan
Jackie	Schlebusch	05 Jan
Lenin	Sithole	08 Jan
Giel	Cillie	08 Jan



Midstream Tel 012 940 9229

THIS WEEK'S DIARY

Tuesday:

Training run @ 05:15 – Midstream Mugg & Bean

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

THOUGHT FOR THE WEEK

Running is mind over matter. If your head doesn't mind, your body doesn't matter.



**RUN-A-WAY
SPORT**

RUNAWAY FROM 2022

**5KM
10KM**

27TH OLD YEAR'S RACE

**31 DEC 2022
RIETONDALE PARK
NORTH ST. PRETORIA
17:00 PM**

GPS CORDINATES: 25.7316 S 28.2261 E

**Athletics
Gauteng North**



ARCADIA
RUNNING CLUB

ENQUIRIES

**DAAN DUTOIT 082 572 4169
JAMES MATSHEKGA 082 566 1595**

NEW YEAR

RUN/WALK 5KM & 10KM

a New Me



RUN WALK
FOR LIFE

Athletics
Gauteng North

MONDAY
2 January 2023

Public Holiday
@ 07:00

for all - at ...
Pretoria National Botanical Garden
Cussonia Ave

ENQUIRIES:

Daan du Toit 082 572 4169

Corlen 079 493 9030

•Medals to
ALL FINISHERS!





NEDBANK RUNNING CLUB SKOSANA RACE

MILE, 5KM FUN RUN, 10 & 21.1 KM

DATE: SATURDAY, 14 JANUARY 2023

START TIME: 6:00 AM

VENUE: PIERRE VAN RYNEVELD CHURCH

14 BALTIMORE ROAD, PIERRE VAN RYNEVELD PARK,
CENTURION



CONTACT DETAILS: Enoch Skosana Cell: 082 825 8001 OR Jacque Rencontre E Mail: nbrunning.pta@gmail.com / Cell: 082 462 1137

ENTRIES VIA PEAKTIMING: www.peaktiming.co.za/entries

RACE ENTRY FEE

RACE	ENTRY FEE (ONLINE)	ENTRY FEE (LATE)
MILE RACE: 08 YRS TO 10 YRS	R60	R80
MILE RACE: 11 YRS TO 13 YRS	R60	R80
MILE RACE: 1.6km 14 YRS TO 19 YRS	R60	R80
MILE RACE: 1.6km SENIOR OPEN	R60	R80
5 KM FUN RUN	R80	R100
10 KM	R120	R140
21.1 KM	R160	R180

* ONLINE ENTRIES CLOSE 4 JAN '23

RACE START TIMES:

6H00 - 21.1 KM
6H15 - 10 KM
6H30 - 5 KM FUN RUN
07H45 - MILE (ALL CATEGORIES)

70+ FREE, VALID ASA LICENSE REQUIRED FOR 10KM & 21.1KM / TEMP LICENSE R50

PRIZE MONEY:

POSITION	MILE: 08-10 YRS	MILE: 11-13 YRS	MILE: 1.6 KM 14 - 19 YRS	MILE: 1.6 KM SENIOR OPEN MEN/WOMAN
1 ST	FUTURELIFE GOODY BAG	FUTURELIFE GOODY BAG	R300	R700
2 ND	FUTURELIFE GOODY BAG	FUTURELIFE GOODY BAG	R200	R500
3 RD	FUTURELIFE GOODY BAG	FUTURELIFE GOODY BAG	R100	R300

POSITION	5KM FUN RUN
1 ST	BIOGEN GOODY BAG
2 ND	BAVARIA GOODY BAG
3 RD	THIRSTI GOODY BAG

RACE ENTRY COLLECTIONS:

TIMES: 15H00 TO 19H00

THURSDAY 12 JAN AT CBC OLD BOYS CLUB, GROENKLOOF

FRIDAY 13 JAN AT RACE VENUE

Men & Woman NB No category age tag, no prize money

POSITION	JUNIOR	OPEN	40-49	50-59	60-69	70 +
10 KM						
1 ST	R300	R1,000	R500	R300	R300	R250
2 ND	R200	R750	R300	R200	R200	-
3 RD	R100	R500	R200	-	-	-
21.1 KM						
1 ST	R500	R2,000	R500	R350	R300	R250
2 ND	R250	R1,500	R300	R250	R200	-
3 RD	R150	R750	R200	-	-	-

MORE INFORMATION

- Safe parking available, BE EARLY
- THIRSTI Water & Bavaria drink at finish
- Coffee/Tea/Cooldrinks, pancakes and food for sale at Church Tuck Shop. All funds goes to the Church
- Waterpoint with water & Coke
- Club Gazibos welcome: **NB NO FIRES OR GA'S BRAAI'S**

MEDALS SPONSORED BY

ASSUPOL





47th running of the PwC George Claassen Memorial Road Race
Saturday 21 January 2023



Scan to register online

Start times:

21.1km/10km run/walk	6am
5km fun run	6.30am

Cut-off times:

Cut-off time for the 21.1km at the entrance to
Pick n Pay Hyper (9.7km) at 7.30am

Cut-off time at 10am

Race venue:

Pick n Pay Hyper, Faerie Glen Atterbury Rd.

Start/finish:

Pick n Pay Hyper, Faerie Glen cnr Atterbury Rd.
and Selikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com

Race results: results.finishtime.co.za

PRE-ENTRY ONLY



WONDERPARK AKASIA ROAD RACE

28 JANUARY 2023

JOHANN VAN EEDEN 42.2 KM Start Time: 05:30 Cut-off @20km 8:15 AGN CHAMPIONSHIPS	21.1 KM Start Time: 05:30	10 KM Start Time: 06:00	5 KM Start Time: 06:10
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Online entries close on Friday 20 January 2023

PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION
076 234 5329

WONDERPARK SHOPPING CENTRE
GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za



HOËRSKOOL
GERRIT MARITZ





Intercare classic road race



Saturday 4 February 2023

06h00

Rietondale Park

 **21,1 km**

 **10 km**

 **5 km**



PHOTO CORNER



ATHLETICS
GAUTENG NORTH

**JOIN US ON THE 11 FEBRUARY 2023
FOR OUR**



**21KM
R150**

**10KM
R100**

**5KM
R50**

**TEMP. LICENSE
R50**

START TIME: 6AM

WWW.ENTEROONLINE.CO.ZA



PRETORIA MARATHON

Sunday, 26 February 2023

Start: PHSOB Clubhouse
378 Queens Crescent, Lynnwood, Pretoria



42.2 km

Entry Fee: R340
Start time: 05:30

21.1 km

Entry Fee: R220
Start time: 05:30

10 km

Entry Fee: R140
Start time: 06:00



Temporary Licence = R50



Maps and race information available on
www.pretoriamarathon.co.za

Scan QR code to enter now!

www.entryninja.com

Event hosted by

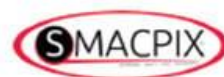


PHOTO CORNER

Photos taken at the lights run/walk on Thursday



Emgee van der Merwe and his family



Zonah Prinsloo with mother Renette



Lynette September with her two boys



Rena and Tjaart van Wyk



